BLADEZ FITNESS

M O T I O N

home trainer

X450

model

OWNER'S MANUAL

ASSEMBLY OPERATION MAINTENANCE
WARRANTY PARTS ORDERING

CAUTION: *Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.*

IMPORTANT: *Read all instructions carefully before using this product. Retain this owner's manual for future reference.*

BH North America ***Foothill Ranch, California 92610***

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ATTACHMENT - A
IMPORTANT SAFETY ADVICE

PRECAUTIONS

This elliptical has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this bike is kept.
2. It can only be used by one person at a time.
3. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Use the unit on a mat, placed level, on solid surface. Adjust the stabilizer for assure stability.
5. Keep your hands well away from any of the moving parts.
6. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the elliptical. Always wear running shoes or trainers when using the machine.
7. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
8. Do not place sharp objects near the machine.
9. Disabled people should not use the machine without the assistance of a qualified person or a doctor.
10. Do warm up stretching exercises before using the equipment.
11. Do not use the elliptical if it is not working correctly.
12. The moving elliptical pedals can cause injury.
13. Before using the elliptical, thoroughly inspect the elliptical for proper assembly.
14. A perimeter distance of 3 feet / 1 meter is required before operating the unit.
15. The elliptical should only be used for the home. Not meant for commercial use.
16. This elliptical is not suitable for therapeutic use.

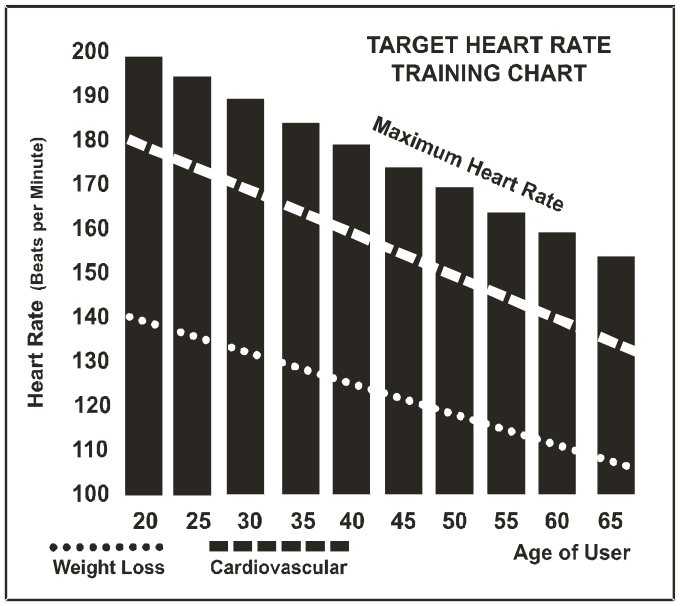
Caution: Consult your doctor before beginning to use the bike. This advice is especially important for those over 35 yrs. of age or suffering from health problems. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

ATTACHMENT - B
TARGET HEART RATE

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 - User’s Age = Maximum Heart Rate. If you enter your age during programming of the console the console will perform this calculation automatically. This is used for the HR control programs. After calculating your Maximum Heart Rate, you can decide upon which goal you would like to pursue. The two most popular reasons for, or goals of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 90% or 70%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.
With all Heart Rate Control ellipticals, you may use the heart rate monitor feature without using the Heart Rate Control program.



ATTACHMENT - C

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

Increased capacity for physical work (strength endurance)
Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
Decreased risk of coronary heart disease
Changes in body metabolism, e.g. losing weight
Delaying the physiological effects of age
Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness
The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVo2). This is often referred to as your **aerobic capacity.**

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training
This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression
As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload
This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specifics
Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.
There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.
Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.
Warm Down or Cool Down
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate
As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age Target heart Rate	25	30	35	40	45	50	55	60	65
10Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count
The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.
The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age Target heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness
For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.
If you experience PAIN during or after exercise, your body is telling your something.
Stop exercising and consult your doctor.

What to Wear
Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise
Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

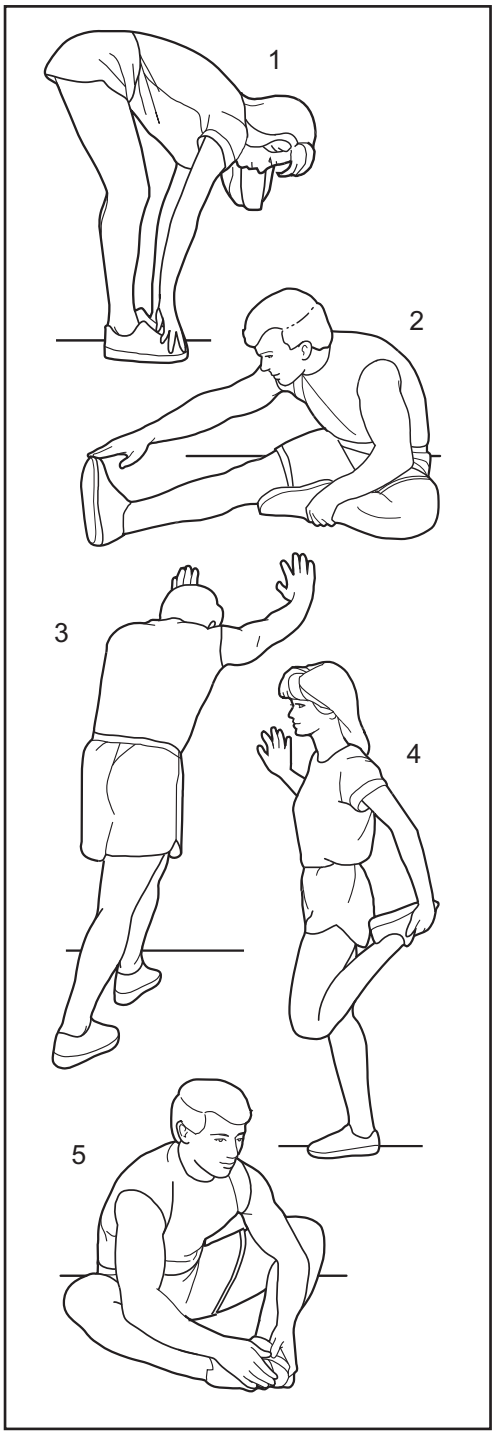
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

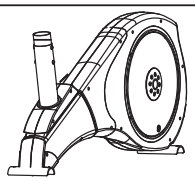
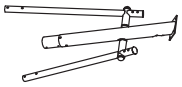
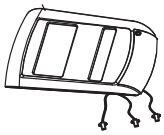
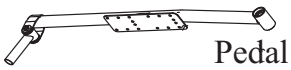
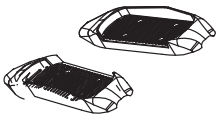
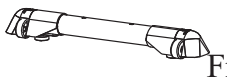
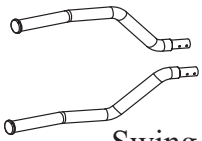
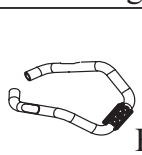
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



HARDWARE & PARTS CONTENTS

 Base Frame	1	Handlebar Attachment Cover	1/1
 Upright Tube	1	Wrench	1
 Console	1	Hex Head Bolt	2
Pedal Tube (L)	1	M8*15/Allen Head Bolt	14
 Pedal Tube (R)	1	M10 End Cap	6
 Pedals	2	M8 Plastic Cap	4
 Front Stabilizer	1	Bushing 57.6mm	2
Rear Stabilizer	1	Bushing 15mm	2
 Swing Arm Handlebar	2	Washer 5/16 * 16	4
 Fixed Handlebar	1	Washer 10mm	2
Screw Driver	1	Screw M8 * 20	4
Upright Tube Cover	1/1	Screw	8
Swivel Tube Cover	2	M8 Nylock Nut	12
		M10 Nylock Nut	2
		M3 Self Tapping Screw	1
		Lubricant	1
		Bottle Holder	1
		Swivel Tube Cover	2*1/1
		End Cap	2
		Power Adapter	1

PRE-ASSEMBLY INSTRUCTION

GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

1. This unit has been designed for home use. The weight of the user must not exceed 300 lbs. (135 kg.)
2. Keep your hands well away from any of the moving parts.
3. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.
4. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.
5. Your unit can only be used by one person at a time.
6. Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

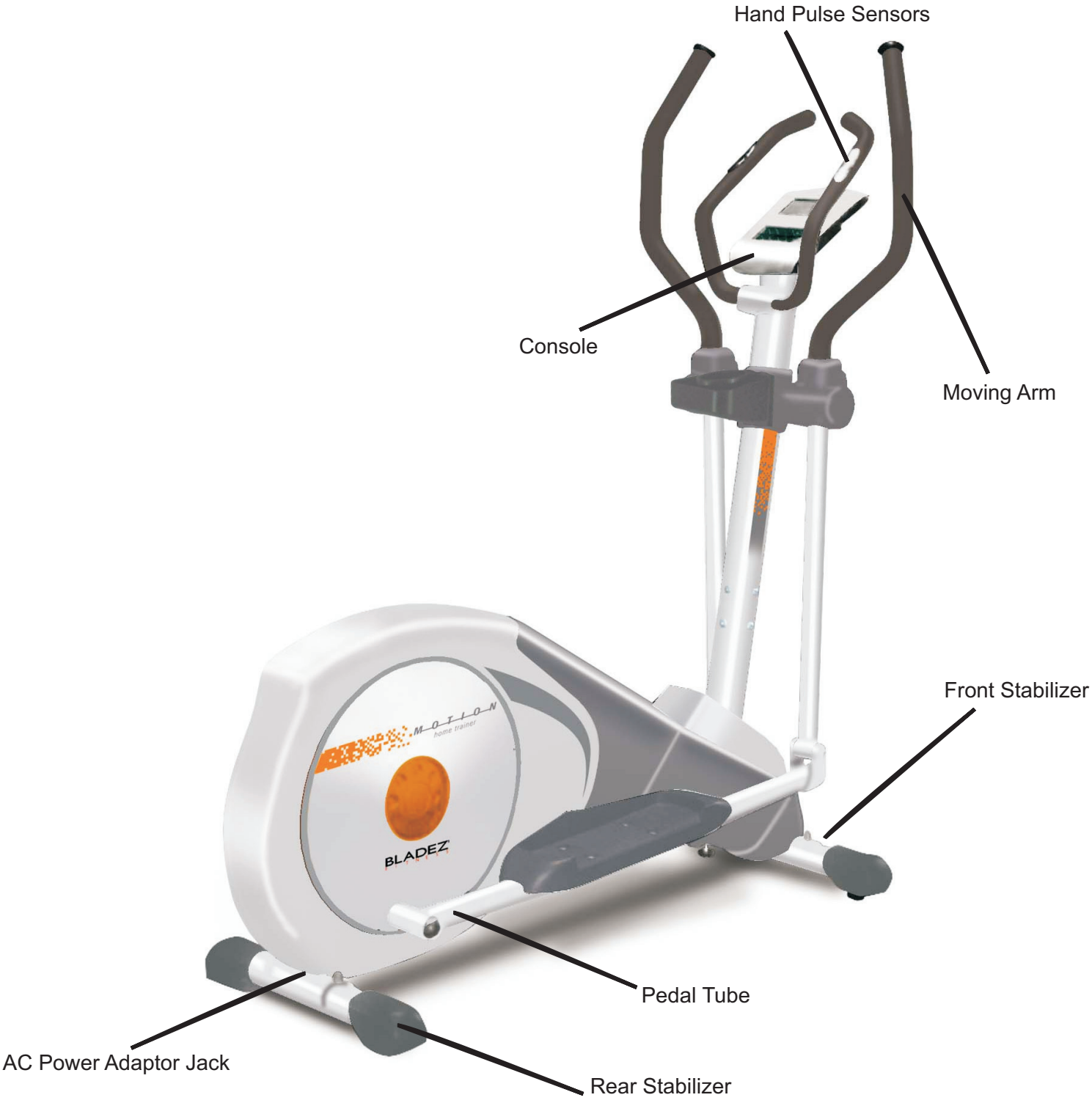
KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

FOR WARRANTY REPAIR
PLEASE DO NOT TAKE YOUR ELLIPTICAL BACK TO THE RETAIL STORES!
CONTACT BH FITNESS FIRST!

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: (949) 206-0330
Toll Free: (866) 325-2339
Fax: 949 206-0013
Email: fitness@bhnorthamerica.com
Web: www.bhnorthamerica.com
Mon - Fri 8am - 5pm PST

This warranty applies only while this product is in use in USA.

ASSEMBLY



If you are missing parts or require information on how to operate this product please call (949) 206-0330.

ASSEMBLY INSTRUCTIONS

Note: ***Assembly of this unit should take two people about 45 minutes to properly assemble.***

STEP #1.

Attach the Front Stabilizer (76) to the bottom front portion of the Base Frame (67) using the screw (19), washer (65), nylock nut (20), and plastic cap (21) combination as shown in illustration #1.

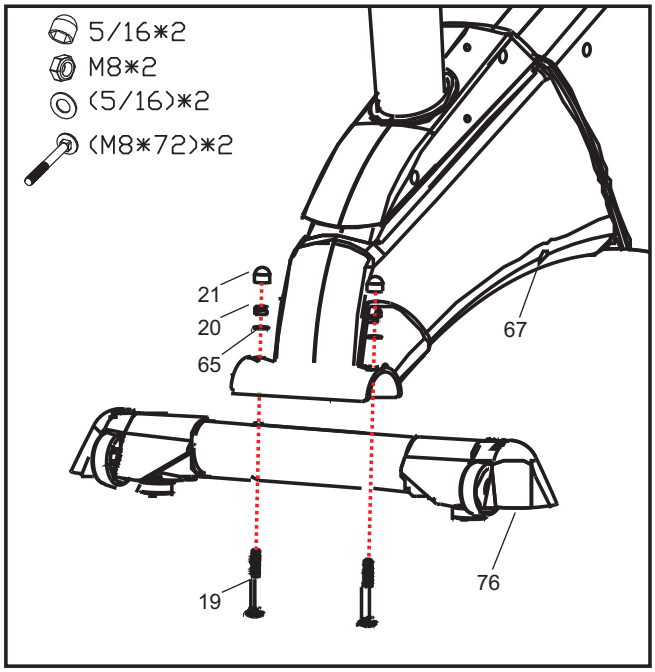


Illustration #1

STEP #2.

Attach the Rear Stabilizer (77) to the bottom back portion of the Base Frame (67) using the screw (19), washer (65), Nylock nut (20) and plastic cap (21) combination as shown in illustration #2.

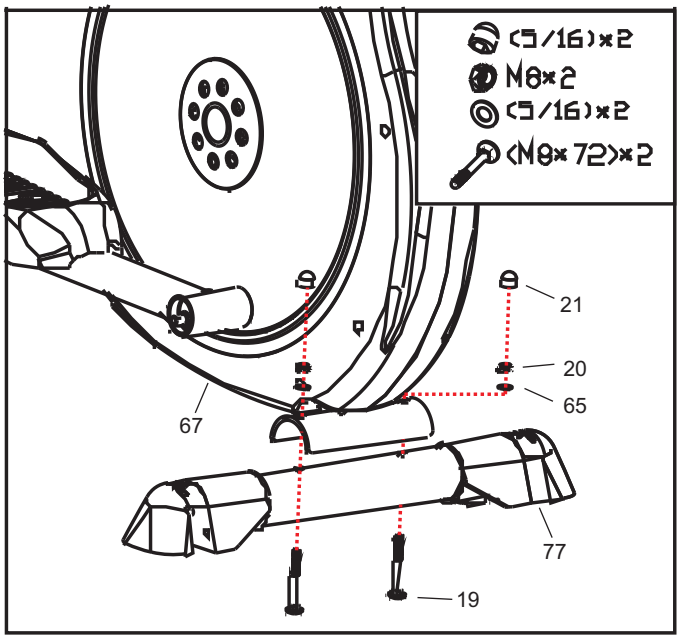


Illustration #2

ASSEMBLY INSTRUCTIONS

STEP #3.

This step may require the assistance of an additional person.

Join the male and female connectors ends that attach the console control wire (90) to the Base Frame (67). Slide the Upright Tube (68) into the Base Frame (67) paying close attention not to cut or pinch the control wires. Secure both section members using the Allen bolts (18) provided as shown in illustration #3.

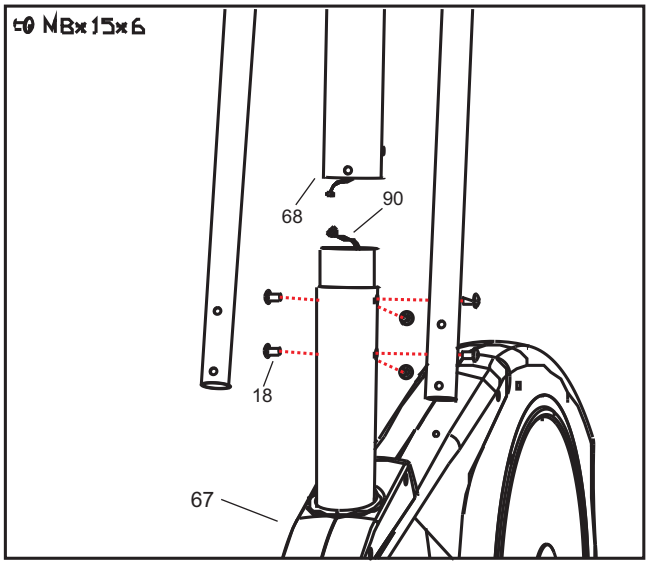


Illustration #3

STEP #4.

Mount the Left Pedal (52) to the Left Pedal Tube (74). Securing the two members with the screws (22) provided as shown in Illustration #3. Apply the same steps to the Right Pedal.

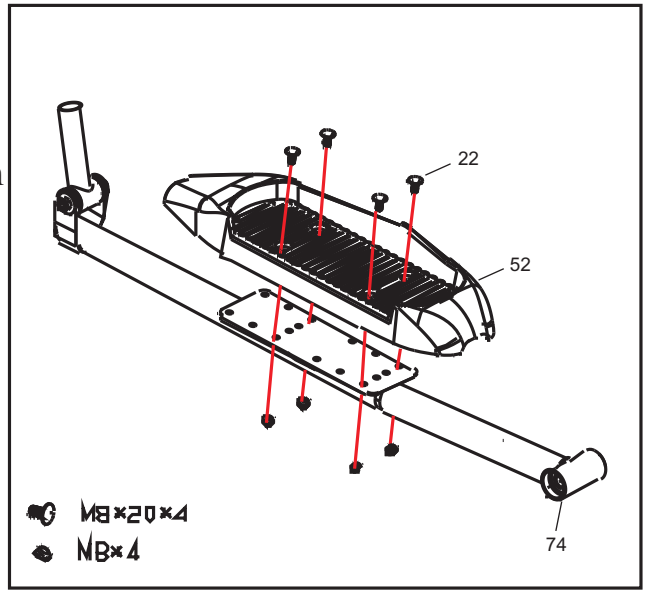


Illustration #4

ASSEMBLY INSTRUCTIONS

STEP #5.

Attach the Left Pedal Tube (74) to the Flywheel Shaft using the spacer (37), bushings (82), bearing (15), retainer(16), bushings (83), washer(17) Nylock nut (12), and plastic cap (5) combination as shown in illustration #5. Repeat the process for the Right Pedal tube using the same steps.

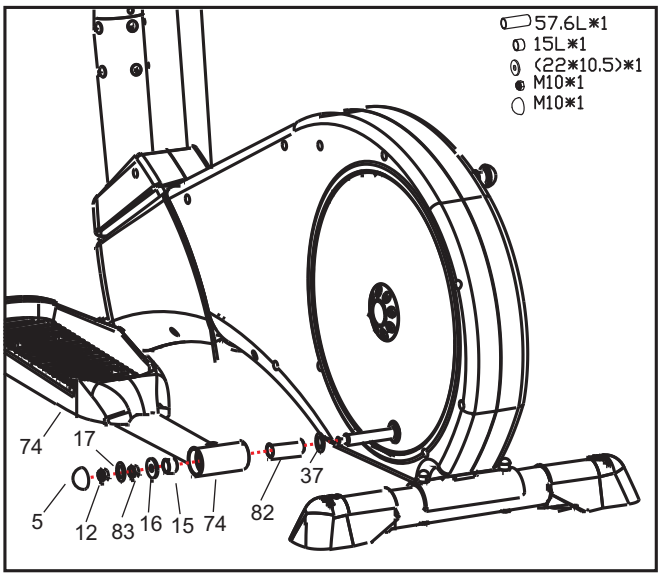


Illustration #5

STEP #6.

Attach the bottom potion of the left and right swivel tube to the corresponding Pedal Tube using the Allen Bolts (18) provided as shown on Illustration #6.

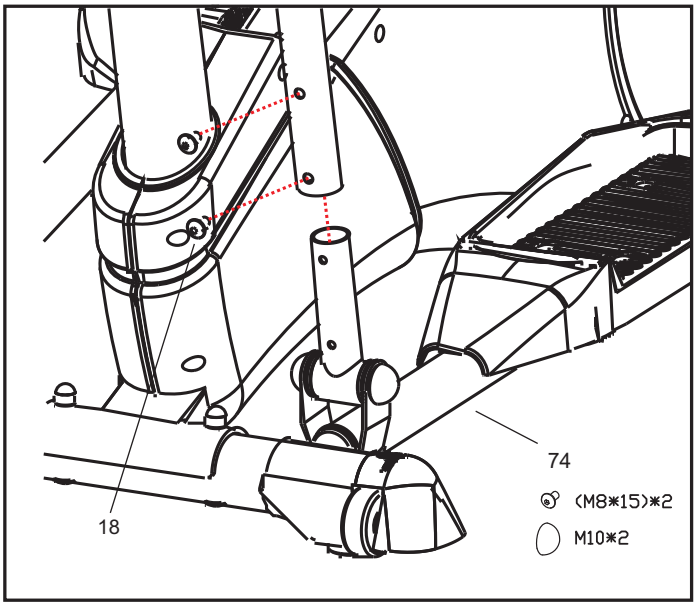


Illustration #6

ASSEMBLY INSTRUCTIONS

STEP #7.

Pull the pulse sensor cable up to the console mount using the pull wire, which is secured to the top of the Upright Tube (68). Mount the Fixed Handlebar (71) to the mounting bracket located at the top portion of the Upright Tube (68) using the hex bolts (6) supplied. Enclose the mounting holes and bolts by interlocking the Upper cover (88A) and lower cover (88B), securing them both using the screw (61) provided as shown in Illustration #7.

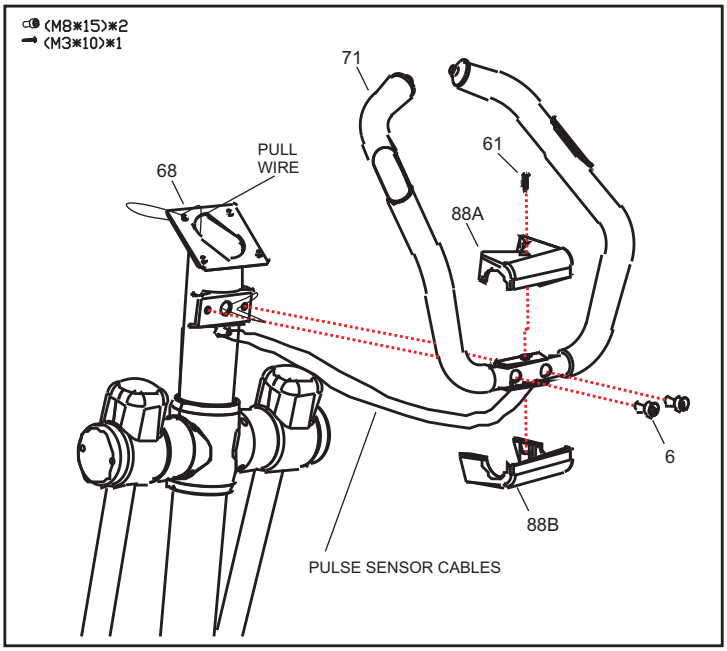


Illustration #7

STEP #8.

Attach the (left) handlebar (72) and (right) handlebar (73) to the top of the corresponding swivel tube. Secure the attached members using the screws (18) supplied then place the end caps (98) over the holes, as shown in Illustration #8.

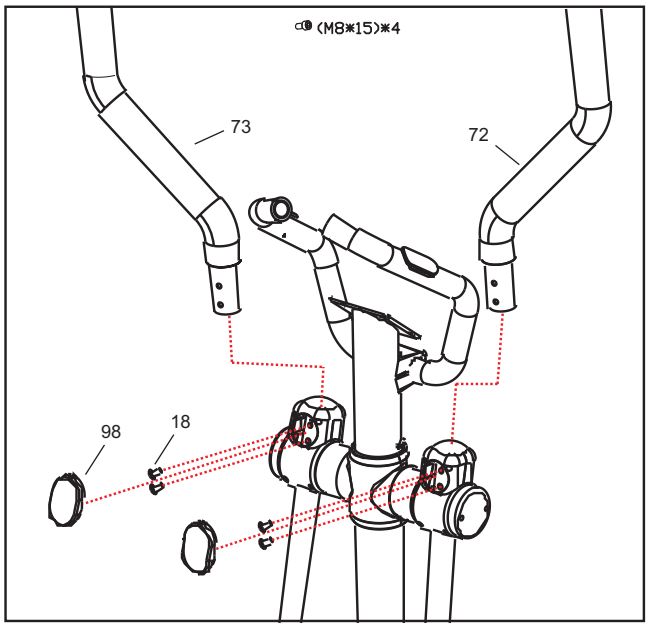


Illustration #8

ASSEMBLY INSTRUCTIONS

STEP #9.

PLEASE DO NOT PINCH OR CUT THE CONTROL WIRING.

Join the male and female ends of the connectors that attach the console control wire to the Upper portion of the swivel tube. Attach the console (43) to the mounting plate of the center tube using screws (30) provided as shown in figure #9.

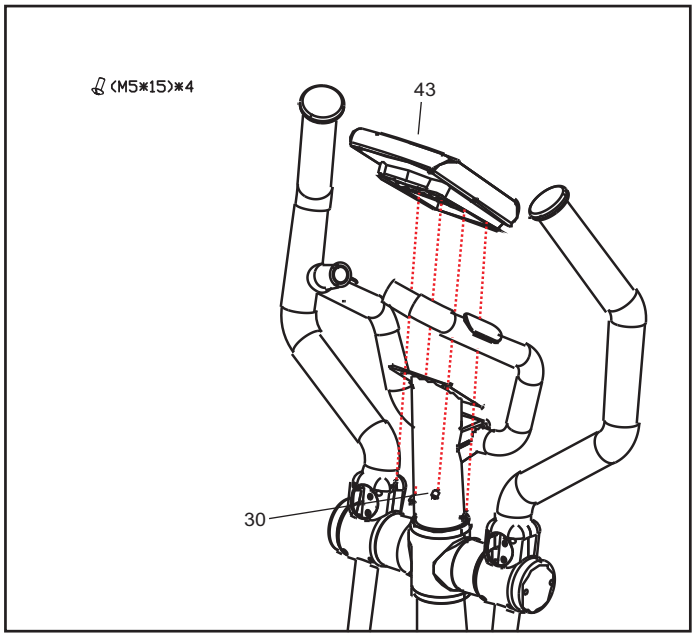


Illustration #9

STEP #10.

Mount the Bottle Holder (108) using the Mount Bracket (93&94) and Screws (107) provide as shown in Illustration #10.

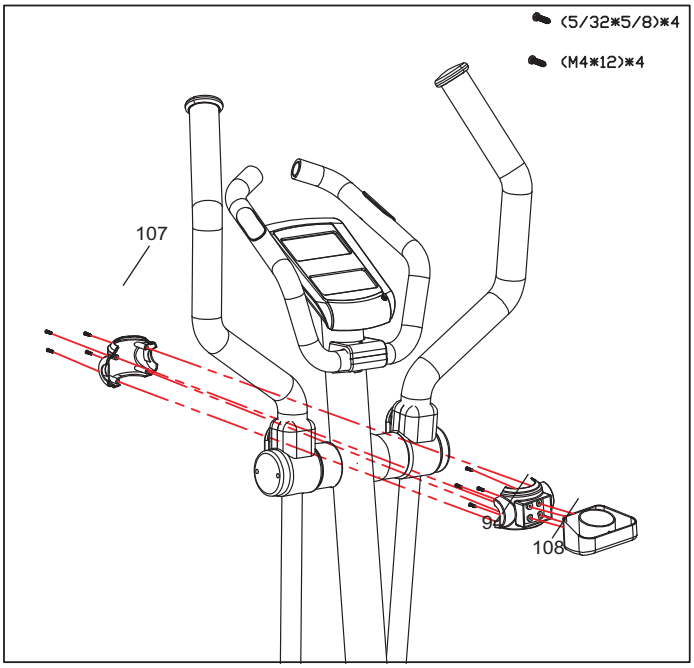


Illustration #10

ASSEMBLY INSTRUCTIONS

STEP #11.

Connect the AC Power Adaptor (6VDC 1A) that comes with the unit from the wall to the jack located just above the rear stabilizer as shown

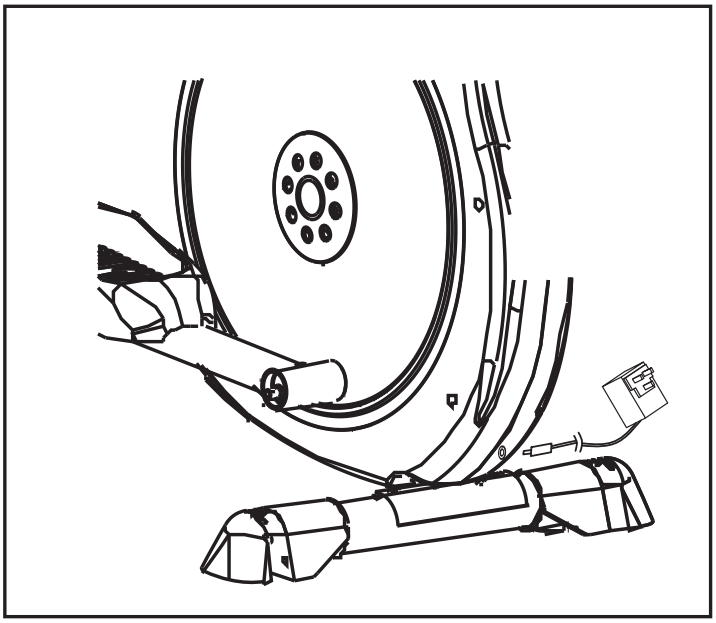


Illustration #11

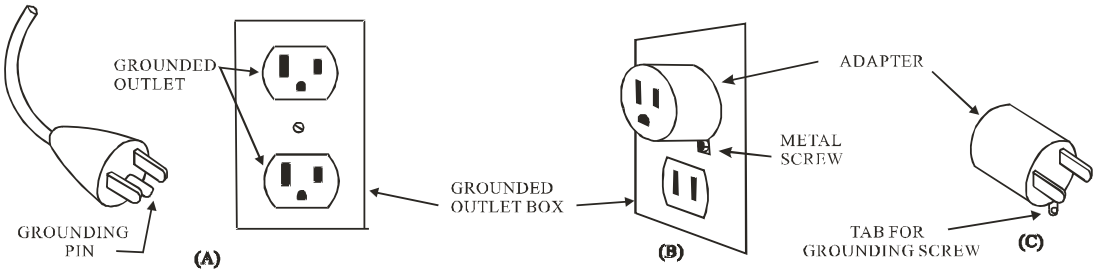
INSTALLATION

IMPORTANT SAFETY INFORMATION
THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS ELLIPTICAL

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.
WARNING: Connect this unit to a properly grounded outlet only.
DANGER: To reduce the risk of electric shock, always unplug the elliptical from the electrical outlet immediately after using and before cleaning.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See diagram below for grounding methods.



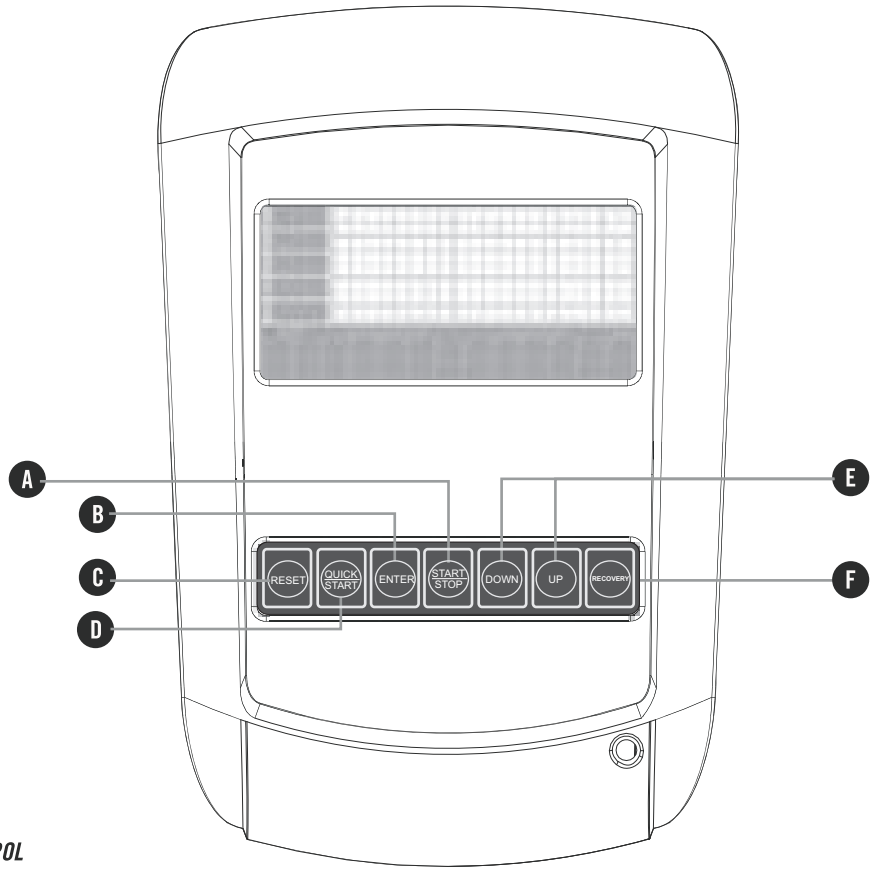
AA 200

2.The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.

3. Never operate the elliptical if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
4. Do not pull the elliptical by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
5. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
6. Do not insert any objects into any openings.
7. Keep children and pets away from this equipment at all times while exercising.
8. Handicapped individuals should have medical approval and close supervision when using this elliptical.
9.Use the elliptical only for it's intended use as described in this manual. Do not use any attachments that are not recommend by the manufacturer.
10.Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
11. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
12. Start your program slowly and very gradually increase your speed and distance.
13. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your elliptical.
14. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

Elliptical Operations



CONTROL

A) START/STOP key

Press to start, pause and stop the workout.

B) ENTER key

1) After data set, press Enter key to confirm.

2) Under STOP status, press Mode key and Up key together to show the Thermometer.

C) RESET key

1) When data setting, press Reset key to default value. Hold the Reset key for 3 seconds to reset the system.

2) When your workout pauses, you can press Reset key to switch to other programs.

D) QUICK START key

Press to start the manual program immediately.

E) UP/DOWN key

1) Press to increase and decrease the value.

2) Press to scroll and browse items which you can select.

3) Press to increase and decrease the resistance.

4) Press UP and DOWN keys together to set the custom program profile.

F) RECOVERY key

If heart rate data is available, you can press Recovery key to start the Recovery function.

Elliptical Operations

CONSOLE OPERATION

1) Make sure the power is on. You will see the display light up, then Beep sound for 3 seconds.
2) Press Program key to choose programs, then press Mode key to confirm.
3) Press Up/Down key to set your target Time - Calories - Distance. Press Mode key to confirm. It will go back to the initial status if there is no signal input within 25 seconds.
4) Just pedaling to start your workout.
All data you have set will count down until zero. There is a beep sound for reminding, and then the data start to count up, the program keep going.
If there is no RPM signal or data input within 4 minutes, then the console comes to Sleep Mode, the temperature will show up. Any RPM signal or input signal can wake the console up.

PROGRAM PROFILE

PROGRAM 1
PLATEAU

PROGRAM 2
HILL INTERVAL

PROGRAM 3
VALLEY

PROGRAM 4
MOUNTAIN

PROGRAM 5
MOUNTAIN CLIMB

PROGRAM 6
PEAK

PROGRAM 8
CV WORKOUT

PROGRAM 8
HILL

PROGRAM 9
STRENGTH INTERVAL

RECOVERY FUNCTION

If heart rate data is available, you can press Recovery key to start the Recovery function.
When use Recovery function, make sure you have hold the hand grip pulse or use chest belt. The time will count down from 00:60 sec. to zero. After the measurement is finished, the display shows the result F1-F6 (F1 = best result).
Please note that your results are in a relation to the pulse level in the beginning of the measurement and that your results are personal and cannot directly be compared with any other person's results. In order to improve the reliability of recovery pulse measurement, always try to standardize the measurement situation as accurately as possible; start measuring at the same heart rate level as precisely as possible.
You can press Recovery key to back to the exercise mode.

ODOMETER

When there is no RPM signal, press Odometer key to show the lifetime distance amount. Workout mode will comeback after 8 seconds.

THERMOMETER (TEMPERATURE)

If there is no RPM signal or data input within 4 minutes, then the console comes to Sleep Mode, the temperature will show up. Under STOP status, you can also press Mode key and Up key to show the temperature. Any RPM signal or input signal can wake the console up.

MAINTENANCE INSTRUCTIONS
CLEANING

WARNING: Always unplug your elliptical prior to cleaning or servicing your unit, in order to avoid electrical hazard or shock.

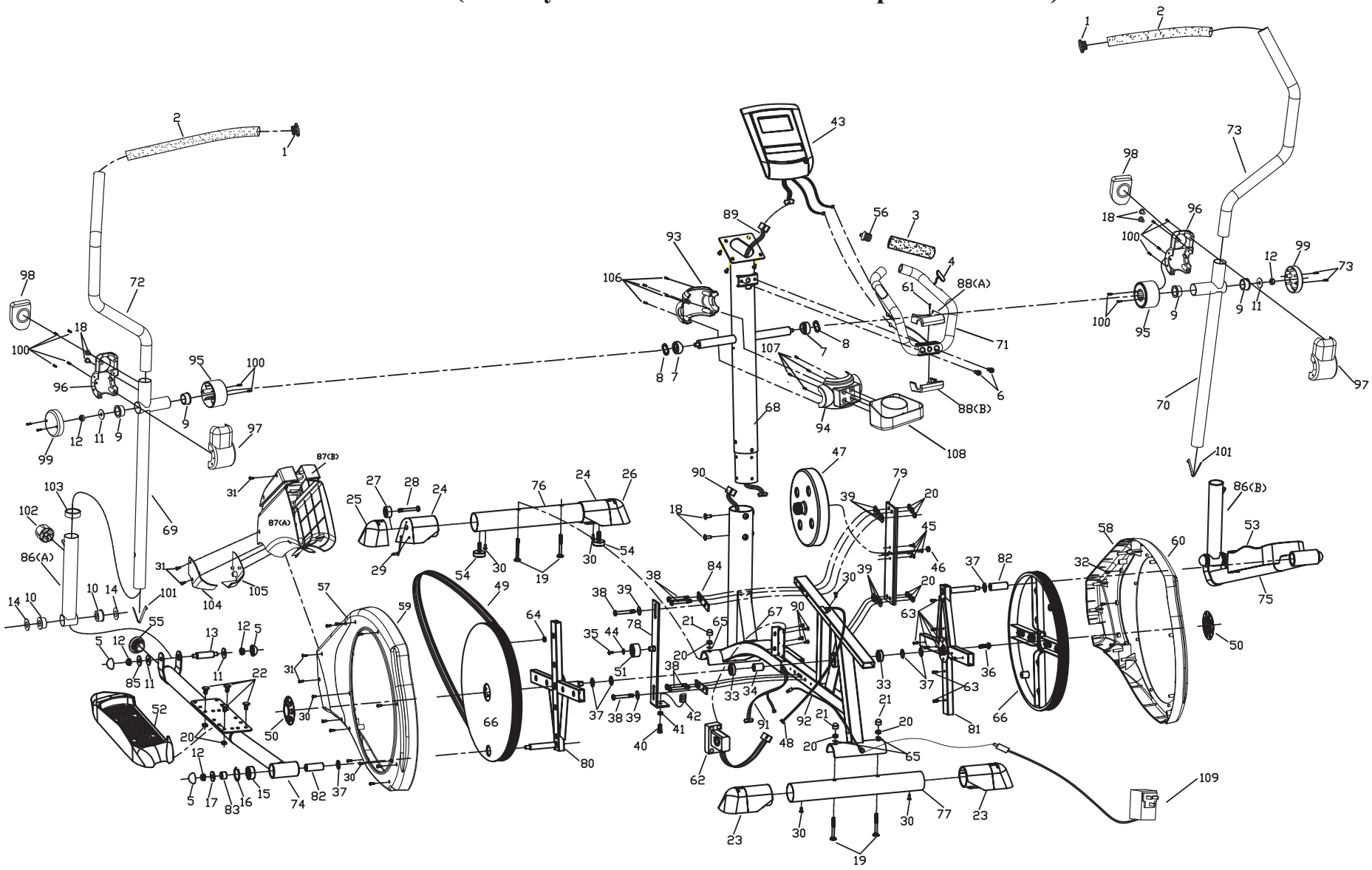
Care has been taken to assure that your elliptical has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the console surface.

From time-to-time the console surface may collect dust or fingers prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

EXPLODED VIEW

(Use key numbers to reference the part numbers.)



PARTS LIST
Model No. X-450

Key No.	Description
1	Handlebar end cap
2	Handlebar grip
3	T-Bar grip
4	Hand pulse grip unit
5	End cap
6	Hex Head Bolt
7	Locking washer
8	Washer
9	Sleeve
10	Sleeve
11	Washer
12	Nylock nut
13	Pedal tube shaft
14	Washer
15	Bearing
16	Retainer
17	Washer
18	Allen head bolt
19	Screw
20	Nylock nut
21	Plastic cap
22	Screw
23	Rear foot cover
24	Front foot cover (middle)
25	Front foot cover (left)
26	Front foot cover (right)
27	Wheel
28	Screw
29	Screw
30	Screw
31	Screw
32	Screw
33	Bearing
34	Bushing
35	Screw
36	Locking screw
37	Spacer
38	Screw
39	Washer
40	Screw
41	Nut
42	Spring
43	Console
44	Washer
45	Screw
46	Nut
47	Flywheel
48	Speed Sensor Cable
49	Belt
50	End cap
51	Drive pulley
52	Pedal, LH
53	Pedal, RH
54	Adjustable foot
55	End cap
56	End cap (T-Bar)
57	Middle cover, LH
58	Middle cover, RH
59	Side cover, LH
60	Side cover, RH
61	Screw
62	Motor
63	Screw
64	Magnet
65	Washer
66	Pulley
67	Base frame
68	Upright tube
69	Swivel tube, LH
70	Swivel tube, RH
71	Fix handle bar
72	Handle bar, LH
73	Handle bar, RH
74	Pedal tube, left
75	Pedal tube, right
76	Front Stabilizer
77	Rear Stabilizer
78	Flywheel holder bracket
79	Belt tightener
80	Metal cross, LH
81	Metal cross, RH
82	Bushing
83	Bushing
84	Metal plate
85	Rubber Washer
86(A)	Left connected tube
86(B)	Right connected tube
87(A)	Front cover, LH
87(B)	Front cover, RH
88(A)	Upper cover
88(B)	Lower cover
89	Console Cable
90	Console cable in middle
91	Cable
92	Power wire
93	Front cover for upright tube
94	Rear cover for upright tube
95	Inner cover for swivel tube
96	Front cover for swivel tube
97	Rear cover for swivel tube
98	End cap
99	End plug
100	Screw
101	Front Lower Cap Left
102	Front Lower Cap Right
103	Disc Rim 480
104	Screw
105	Bottle Holder
106	Power Adapter
107	Support Sleeve
108	Cable 420MM
109	Screw M4*25

LIMITED THREE (3) YEARS PARTS AND ONE (1) YEAR LABOR

For THREE (3) year from date of purchase, by original consumer purchaser, BH North America will replace at BH North America option free of charge parts which are defective as a result of material or workmanship and ONE (1) year free of charge repair labor from date of purchase with the exception of any cosmetic component which will be covered for NINETY (90) days from date of purchase. Any component that is a customer point of assembly at the time of purchase, labor is not covered and only the replacement component will be supplied.

COMMERCIAL OR RENTAL USE

If a Bladez Elliptical product is used for commercial or rental purposes the warranty is void.

THIS WARRANTY DOES NOT COVER

- **Pre-delivery set-up.**
- **Components that require replacement due to dirt or lack of regular maintenance.**
- **Expendable items which become worn during normal use, arms, batteries, foam or rubber grips and storage wheels, foot straps and seats.**
- **Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.**

FOR WARRANTY REPAIR
PLEASE DO NOT TAKE YOUR ELLIPTICAL BACK TO THE RETAIL STORES!
CONTACT BH FITNESS FIRST!

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: (949) 206-0330
Toll Free: (866) 325-2339
Fax: 949 206-0013
Email: fitness@bhnorthamerica.com
Web: www.bhnorthamerica.com
Mon - Fri 8am - 5pm PST

This warranty applies only while this product is in use in USA.